

Acid Reflux and Looking Younger!

Many people suffer daily from the effects of acid reflux, to one degree or another. Unfortunately, the constant strain of this condition on the body can lead to premature aging.

The reflux of stomach gas and fluids during the night, even on a modest level, inhibit proper sleep patterns. It is a known fact that sleep is the most important factor affecting the aging process. If you do not get enough quality sleep at the r.e.m. level, you face each day with low energy, which can be described as a form of chronic fatigue. This syndrome will eventually drag you down and make you feel and look older than you should. It may even shorten your life. Many people are not even aware that they suffer from this condition.

Acid reflux or gerd (gastroesophageal reflux disease) occurs when the LES (lower esophageal sphincter) relaxes and allows gas and fluids from the stomach to move upward into the esophagus. The LES is a ringed muscle at the bottom of the esophagus. It opens in order to allow food to enter the stomach, and then closes in order to keep the digestive fluids where they belong. It is when this muscle is too relaxed or damaged, that the contents of the stomach can escape up into the esophagus thereby causing acid reflux.

The medical community would have us to believe that drugs are the only answer to the problem of gerd. Of course this is not true. Antacids are, at best, a temporary fix and are loaded with harmful ingredients such as sodium and aluminum. PPI drugs (proton pump inhibitors) like Nexium and Prilosec should only be used for eight weeks, at most. It says so right on the label. Furthermore, these drugs only mask and hide the symptoms and they have hundreds of harmful side effects.

The acid reflux condition can be the result of poor eating habits or even the aging process itself. We all know that certain foods can trigger indigestion; tomato sauce, raw garlic and onions, chocolate, coffee and alcohol. The ingestion of these foods can make you acidic in nature, resulting in acid reflux. Yet most of us can't resist one or more of these items on a daily basis. Besides eliminating "trigger" foods from our diets, there are many natural herbs and supplements that can be helpful in staving off this malady.

Chronic indigestion can also be caused by a lack of hydrochloric acid. Some people produce insufficient amounts of stomach acid as they

grow older. Besides the proper digestion of food, hydrochloric acid is necessary to keep harmful bacteria, which are found in the digestive track, in check. Without this defense, infections can develop which make the acid reflux condition even worse. This particular condition can be improved with hydrochloric acid supplements, or even ingesting small amounts of apple cider vinegar. Although these conditions are different in nature, they both cause acid reflux and can result in premature aging.

Other things that should be considered in dealing with this condition are:

- * Smoking cessation (Smoking creates an acidic body)
- * Loosing weight
- * Eating small portions of food throughout the day
- * Chewing food well and eating slowly
- * Eating at least three hours before retiring

There are many subtle changes in lifestyle which can remove the threat of the acid reflux condition. By eliminating this unnecessary and harmful strain on the body, one can live a more healthy life. Getting better quality sleep will increase your chances of retaining life-force, which means living a longer and more youthful existence.

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For more information on how to heal acid reflux the natural way, go to: